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'QUIRKY' ROM-COM TELLS STORY OF 'SELF-CENTRED, OBNOXIOUS' GUY'S OBSESSIVE LOVE OF WOMAN SET TO MARRY SOMEONE ELSE

PAGE 15



Grub at Emerald 'was pretty gross'

Ottawa woman horrified to find what appears to be a grub covered in sweet-and-sour sauce at buffet; owner downplays incident

PAGE 3

Proclamation frustration

First Nations leader calls for Canada to uphold territory and human rights guaranteed by King George III's Royal Proclamation of 1763

PAGE 4



Sinkhole caused by water main on fix-it list



Workers look over a sinkhole caused by a water-main break which forced the closure of St. Joseph Boulevard just west of Place d'Orléans on Monday. MIKE CARROCCETTO/FOR METRO

St. Joseph Blvd. Local businesses worry about how long repairs will take, effect on sales

 **SEAN MCKIBBON**
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A sinkhole that opened up on St. Joseph Boulevard yesterday afternoon, snarling traffic and blocking access to businesses and government services, was caused by a water main previously identified as needing attention.

"It's a concrete pressure pipe that was installed in 1975," said Dixon Weir, general manager of environmental services at the City of Ottawa. "We had anticipated coming in and doing some condition assessment on it in the fall, due to some leak detection. Unfortunately, this leak has preceded that condition assessment."

With hundreds of kilometres of water mains across the city, infrastructure renewal is being prioritized, he said. While the need for upgrades was brought into sharp focus a little over a year ago when a local resident's car was swal-

lowed by a sinkhole on Highway 174, Weir said the city simply can't do everything at once. He pointed to higher-priority work being undertaken on Robertson Road and noted that the pipe that burst would have ranked about fifth to seventh on the priority list of jobs.

At about 610 millimetres in diameter, the problem pipe doesn't pose as big a repair as the collapse last year, but it will still take time. Fortunately, Weir said, the city has been able to isolate the leak and work around the problem, maintaining water service to customers in the area, with no compromise in the quality of drinking water.

He said repairs will be carried out during an off-peak time, so commuters aren't unduly inconvenienced.

There were no injuries in the incident yesterday.

Moiz Hassanali, owner of the Love of Chocolate Factory located nearby saw the collapse. "It looked like a river flowing on the road ... the water was flowing out of cracks that were forming in the tarmac. I thought, 'What the hell is going on?'" said Hassanali, who said he and other businesses are concerned about how quickly the road will be repaired.

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Woman claims she found grub in her grub

Emerald Chinese

Buffet. Woman says object she found on her plate means she won't be going back to the buffet

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Crystal Remy claims a night out with family and friends turned sour Sunday when she found what appeared to be a grub in her food at Emerald Chinese Buffet on Selkirk Street.

Remy, 28, said the group of seven had just settled down to their first plate of the evening when she found what looked like a grub in her food, covered in sweet-and-sour sauce.

She took a photo of it.

"It was pretty gross," Remy said. "Suddenly, everyone lost their appetite."

Making matters worse, the restaurant's manager did not apologize, she said. He took the plate back to the kitchen and disappeared.

Quoted

"They made us feel like we had done something wrong. I will never go back there."

Customer Crystal Remy
Remy says Emerald restaurant staff were rude to her after she told them she found an insect in her food.

Only after repeated requests did the restaurant offer Remy, a regular customer, a complimentary meal, she said.

"The staff was rude, rude, rude. They made us feel like we had done something wrong. I will never go back there."

Yesterday, Emerald's general manager Ken Lew was doing damage control, insisting that occasionally, despite thorough cleaning, bugs burrow deep into vegetables like cauliflower and broccoli and don't emerge until they're cooked. He denied there was any rude behaviour by staff at the restaurant.

"It happens once in a blue moon this time of year," he said, adding the party was immediately offered a free meal.

The Emerald Buffet was found in compliance when it was last inspected on Aug. 12, but a month earlier Ottawa Public Health reported four instances of non-compliance with rules concerning refrigeration temperature, food-handler hygiene and sanitation.

The refrigeration problem was corrected during the inspection.



Crystal Remy snapped a photo of what she believes was a grub that she says she found in Chinese food from Emerald Chinese Buffet. CONTRIBUTED

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Royal Canadian Mint. New coin commemorates peacekeeping in Cyprus

The Royal Canadian Mint is honouring the efforts of Canadian peacekeepers in Cyprus with a new commemorative coin. The mint unveiled a new silver coin marking the 50th anniversary of Canadian peacekeeping in Cyprus at its annual public meeting hosted by the Royal Canadian Legion at Legion House in Kanata on Monday night.

"Canada is celebrated as an active supporter and defender of peace and this coin is a keepsake that will be treasured by those who value the men and women who have served as peacekeepers," said mint CEO Ian E. Bennett. Bennett said the mint is committed to hon-

ouring the efforts of Canadian veterans.

"Canadians have long recognized the service of peacekeepers wherever they were stationed around the world," said Gordon Moore, d o m i n i o n president of the legion.

"Tens of thousands of our legion members served Canada in this way and with this coin we will have a daily reminder of their contributions to the freedoms we enjoy today." **METRO**

**The Canadian
Mint's new coin.**

CONTRIBUTED



OPS seeking witnesses

Monday stabbing stemmed from road rage: Police

Ottawa police are looking for witnesses after a man was stabbed following a road rage incident near the 417.

Paramedics said they found a man in his 20s on Herzberg Road conscious and suffering from stab wounds to his left flank. They sent him to hospital in serious but not life-threatening condition.

JOE LOFARO/METRO

Master plan

Mayor to give speech on transportation

Mayor Jim Watson will deliver a televised speech Wednesday morning about the future of transportation in Ottawa ahead of the introduction of the city's draft Transportation Master Plan (TMP) at a special joint meeting that afternoon.

The speech will be live on Rogers 22 at 8 a.m.

The TMP will go before city council on Nov. 26.

JOE LOFARO/METRO



Assembly of First Nations National Chief Shawn Atleo speaks at a press conference at the National Press Gallery on Monday, marking the 250th anniversary of the 1763 Royal Proclamation. DENIS ARMSTRONG/FOR METRO

First Nations still not standing idle

**Royal Proclamation
anniversary.** Leaders of aboriginal groups appeal to Canadians to demand more from Feds

Challenging Canadians

"Canadians feel that they are human-rights champions around the world. It's time to be more self-reflective and connect First Nations with the rest of Canada to fulfil this country's potential."

Assembly of First Nations National Chief Shawn Atleo

wards of the state, displaced from our own lands. We represent a new partnership with Canadians and it must be done our way, our way, our way."

"Events like this are essential if we're to enter into a dialogue. Unfortunately, it seems like we just can't talk to each other," said veteran Métis leader Tony Belcourt. "Most Canadians are aware of aborigines, but know little about the genocidal way the government has run the Department of Indian Affairs, right under their noses. That has to change."

High Commission in London, followed by a keynote address at Oxford University.

"It's time for action on the economy," Atleo said. "It's been 250 years since the Crown issued a proclamation enshrining the territorial rights of Canada's First Nations, and we have yet to see a prime minister or federal government that said it would keep its promises."

"Canadians feel that they are human-rights champions around the world. It's time to be more self-reflective and connect First Nations with the rest of Canada to fulfil this country's potential."

The mood was even more heated at the Museum of Civilization, where members of Idle No More urged a small crowd to confront the Canadian government intent on

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The Assembly of First Nations and Idle No More marked the 250th anniversary of the 1763 Royal Proclamation by reminding Canadians of the plights facing Canada's aboriginal peoples, and taking different tones doing it.

At a press conference, the Assembly's National Chief Shawn Atleo challenged the current government to live up to the territorial and human rights that King George III guaranteed all First Nations with the Royal Proclamation.

He called for a national action plan for violence against native women, more aboriginal schools and hospitals, and a speedier resolution to outstanding treaty negotiations, before leaving for official ceremonies at the Canadian

selling their land and water rights to Asia.

"Modern-day treaties aren't the way to go," said Algonquin elder Claudette Commanda. "I cannot celebrate colonialism. We've been made federal



Andrea Landry, an Anishinaabe member of Idle No More and rising youth leader, speaks at the Museum of Civilization in Gatineau. DENIS ARMSTRONG/FOR METRO

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Clinton Russell leaves the Elgin Street courthouse on the second day of his sexual-assault trial on Oct. 2.
MIKE CARROCCETTO/METRO

Found substance not semen: Sgt.

Accusation of sexual assault. Alleged crime scene uncontrolled for hours, Crown says

A forensic-identification officer testified Monday there were no traces of semen found in a room at the Ottawa Hospital where a mentally disabled woman alleges she was sexually assaulted by a security guard almost two years ago.

Wearing gloves and a mask, Sgt. Kerry Leblond swabbed a chair in a room outside of the main building shortly after 2 a.m. when he was called to the scene by another police officer, the officer told the jury.

"If I was to bet on this, I wouldn't say it was semen," testified Leblond at the trial of security guard Clinton Russell.

Russell, 43, was charged with sexual assault and sexual

exploitation of a person with a disability after a female patient in her late 20s accused him of forcing her to perform oral sex. He has pleaded not guilty to both charges.

The woman cannot be named due to a publication ban.

One of the first officers to arrive on scene, Const. Carolyne Hall, examined the room and found a "yellowish" substance on a chair the woman said she sat on when the alleged incident occurred. She said nobody was guarding the door of the room when she arrived.

The strange substance on the chair prompted her to call Leblond to have him examine it under fluorescent light.

"To me ... it was very dry and very dark," said Leblond. "It wasn't consistent to me with being semen."

Five samples of the unidentified substance were sent to Toronto to be tested for semen

and all came back negative, said Leblond.

The Crown said in opening arguments hospital staff conducted its own internal investigation and did not call Ottawa police until more than five hours after receiving the initial complaint.

Protecting the scene of a sexual assault is "very important," Leblond said, "just to be able to say 100 per cent nobody else went in and disturbed it."

When cross-examined by Russell's lawyer, Ian Carter, the officer said he did not see any discarded paper towels or rags in a nearby garbage can or any signs of a disturbance in the room.

"It looked very clean," said Leblond.

"You could find semen two weeks later, correct?" asked Carter.

Leblond replied, "Yes."

The trial continues Tuesday.

JOE LOFARO/METRO

Auditor's report on cost of cancelling Oakville gas plant coming out Tues.

The \$585-million price tag for the cancellation of two energy projects in Ontario is expected to rise even higher Tuesday when the province's new auditor general releases a special report.

A previous auditor's report on the Liberal government's decision to kill a partially built gas plant in Mississauga in the middle of the 2011 election campaign put the cost of that project at \$275 million, \$85

million higher than the Liberals had been claiming.

Newly appointed auditor general Bonnie Lysyk's report will detail the cost of cancelling a gas plant in Oakville and moving it to the Kingston area — which the Liberals put at \$40 million, but the Ontario Power Authority estimated at \$310 million.

The auditor signalled the same criteria from the Mississauga plant report would be

used in examining the cost of cancelling the Oakville plant, which means lowering projected savings the government had been claiming for the 20-year contract with the plant's developers.

"They (Liberals) have at every single instance tried to prevent us from getting the true costs," Progressive Conservative energy critic Lisa MacLeod complained Monday.

THE CANADIAN PRESS

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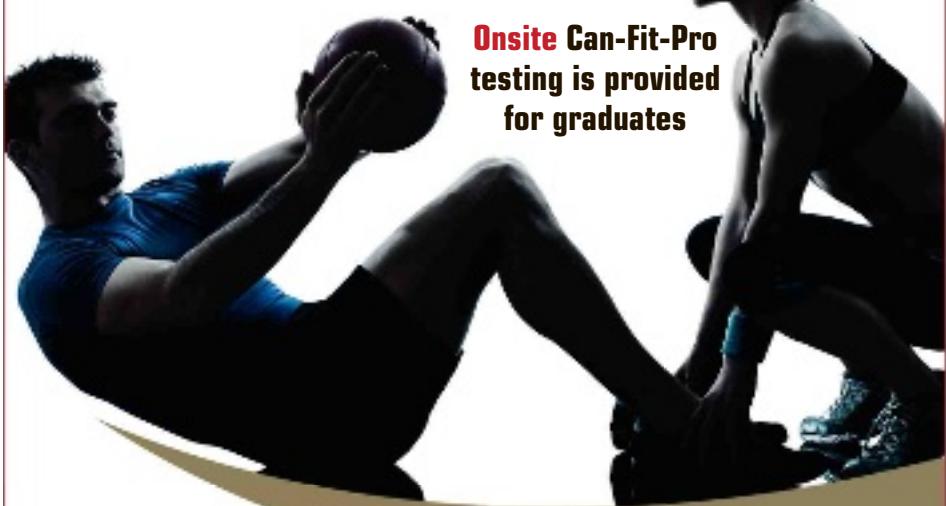
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Retro Nintendo game reboot makes Kickstarter splash

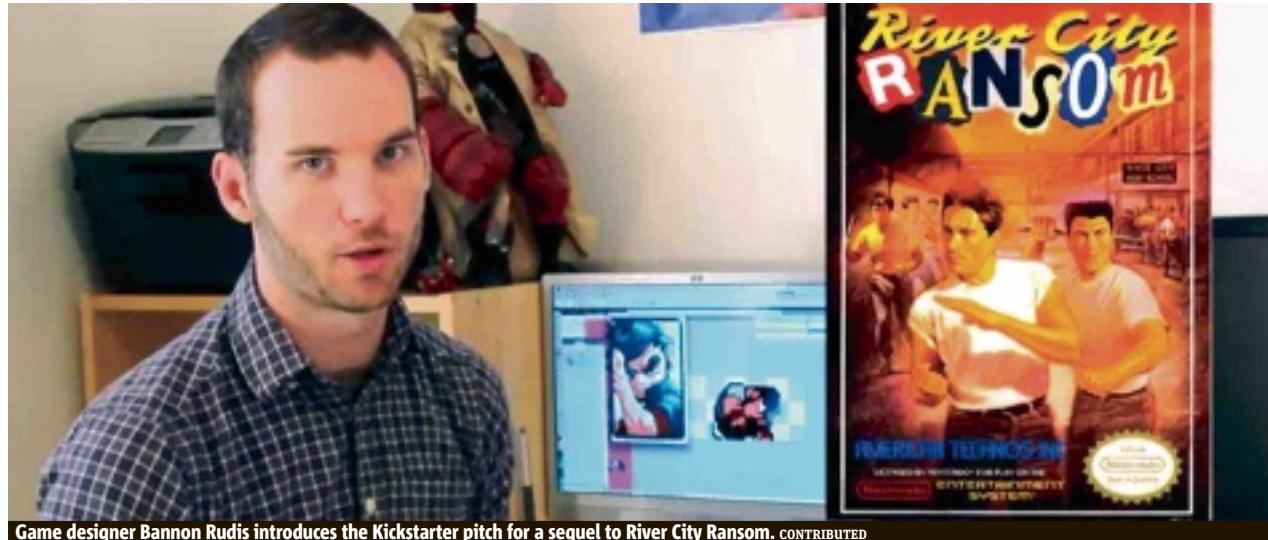
River City Ransom.

Money raised will help develop sequel for Asian market, hire more staff and develop version for Mac

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If local video-game developer Daniel Crenna had any doubts that his long-awaited reboot of the classic 1990 Nintendo game River City Ransom was going to be a hit, he can relax.

Hoping to raise \$180,000 on the entrepreneurial website Kickstarter, Crenna has already found close to \$200,000 from excited investors, who can't wait until they see the first new edition of the vintage beat-'em-up game



Game designer Bannon Rudis introduces the Kickstarter pitch for a sequel to River City Ransom. CONTRIBUTED

in 24 years.

Called River City Ransom Underground, Crenna and his designer Mark De Verno came

up with a gaming experience that looks and feels like the primitive, pixelated games of the '80s, but has the technology to do a lot more. It

launches in summer 2014 on the Windows platform.

Originally developed by

Technos for Nintendo in 1990, River City Ransom became one of Nintendo's top 10 games — and was regularly played

around the Crenna household.

"It's a game we missed as technology progressed," Crenna said. "I knew I wasn't the only gamer who missed old games like River City Ransom. That's why so many people are contributing on Kickstarter. All those childhood memories."

These days, games are so realistic; they leave nothing for the imagination, he added. "We wanted River City Ransom Underground to look and feel like a game. The person playing knows they're having fun."

Getting this far already cost Crenna \$100,000 out of his own funds.

"There's a renaissance for retro right now. They're all on Kickstarter," he said. "People aren't waiting for big corporations to create their entertainment. We're creating the games we want to play."

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Affordable housing expands in east end

A new affordable-housing complex in Ottawa's east end has made 28 families more comfortable.

City officials and Ottawa Community Housing staff opened the 28-unit Carson Grove community townhome complex on Monday.

The project is an expansion to the Carson's Road Ottawa Community Housing neighbourhood.

"These new homes mean a lot to the community, especially to the families. This development here is going to make a difference," said Rideau-Rockcliffe Coun. Peter Clark, who attended the opening.

The \$4-million project focused on larger, family-sized units, including four four-bedroom units that are barrier-free and wheelchair accessible.

Tammy Haskell, who along with her 23-month-old twin boys is moving into one of the new units, said her family was on the city's housing waiting list for five months. She said she loves the fact that her boys have the space to move around and play like children should.



From left: Ottawa Community Housing executive director Joanne Poirier, Coun. Marianne Wilkinson, Mayor Jim Watson, Coun. Mark Taylor, Coun. Peter Clark and Coun. Tim Tierney officially open the Carson Grove townhouse development. METROLAND NEWS SERVICE

"It's a relief to know we live here and the best thing is that I know I have space for my kids," said Haskell.

According to the city, approximately 140,000 households in Ottawa are on low or fixed incomes. For larger families, there is a limited supply of affordable housing available.

"Inflation has made housing unaffordable for a lot of people and we are trying to rectify that," said Clark.

Mayor Jim Watson said this development is part of the city's \$14-million housing and homelessness investment plan approved in 2011.

"The city made an unprecedented commitment to address affordable housing in our community by providing new funding dedicated to fighting homelessness and poverty," Watson said.

MICHELLE NASH/
METROLAND NEWS SERVICE

Inspired by Real Collector Stories*

October 1, 2013

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Royal wedding watch

Prince Harry set to marry?

Is the last unattached royal Brit about to go off the market? Prince Harry, William's younger brother and fourth in line for the British throne, is said to be close to proposing to his girlfriend, Cressida Bonas. "Harry never stops talking about marriage and children, and she has now got used to the idea," a friend of Bonas's tells the Telegraph newspaper. "The wedding is likely to take place next year." **MELINDA TAUB/MWN**



Fox News

Anchor apologizes for saying Obama funded Muslim museum

Fox News anchor Anna Kooiman has apologized for falsely saying that U.S. President Barack Obama had offered to pay for the operation of a museum of Muslim culture "out of his own pocket" during the government shutdown.

Kooiman made the remark Saturday on Fox & Friends during a discussion about closed facilities. She didn't cite a source, but a satirical news site called National Report had posted a similar story.

THE ASSOCIATED PRESS

France

Sarkozy cleared in donations case, fuelling comeback speculation

Former French President Nicolas Sarkozy was cleared Monday of allegations that he illegally took donations from France's richest woman on the way to his 2007 election victory, his lawyer and an official said.

The announcement fanned speculation of a political comeback for Sarkozy, who lost the presidency to Socialist Francois Hollande last year.

THE ASSOCIATED PRESS

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Japan

Court orders \$120,000 in compensation paid to school after classes disturbed by rallies that frightened children

A Japanese court on Monday ordered a group of anti-Korean activists to pay a Korean school in Kyoto 12 million yen (\$120,000 US) in compensation for disturbing classes and scaring children by holding "hate speech" rallies outside the school.

The ruling acknowledged for the first time the explicit insults used in the rallies constituted racial discrimination, said human-rights experts, lawmakers and others calling for restrictions on hate speech. They said the ruling could prompt a move to exempt such speech from

Japan

Court

orders

\$120,000

in

compensation

paid

to

school

after

classes

disturbed

by

rallies

that

frightened

children

Anti-Korean rallies in Japan have escalated this year in cities with Korean communities. In Tokyo's Shin-Okubo district, dotted with Korean restaurants and shops popular among South Korean pop-culture fans, hundreds of Zaitokukai members and supporters have called Koreans "cockroaches," shouted "Kill Koreans" and threatened to "throw them into the sea." **SHIZUO KAMBAYASHI/THE ASSOCIATED PRESS FILE**

Japan's constitutional right to free speech.

Though attendance at such rallies has been limited to a few hundred people at

most and they are far from becoming mainstream, similar demonstrations of nationalists targeting ethnic Koreans and other minorities

have escalated since earlier this year, amid Japan's chilly diplomatic relations with its Asian neighbours.

THE ASSOCIATED PRESS

Somalia. Target of SEAL attack planned to strike UN's Kenya HQ: Report

The man U.S. Navy SEALs tried to take down in Somalia over the weekend was a Kenyan who had plotted to attack his country's parliament building and the UN headquarters in Nairobi, according to a Kenyan intelligence report.

The pre-dawn, seaside raid Saturday targeted Abdulkadir Mohamed Abdulkadir — also known as Ikrima — a U.S. official said. The U.S. troops are not believed to have captured or killed their target.

In the internal report by Kenya's National Intelligence Service, Abdulkadir is listed

as the lead planner of a plot sanctioned by al-Qaida's core leadership in Pakistan to carry out multiple attacks in Kenya in late 2011 and early 2012. Those attacks, linked to the Somali Islamic extremist group al-Shabab, were reportedly disrupted.

The report, leaked to media in the wake of the Sept. 21 attack on Nairobi's Westgate Mall, also warns of "Mumbai-style attacks," referring to the assaults in Mumbai, India in 2008 in which operatives stormed several locations with guns and grenades. **THE ASSOCIATED PRESS**

The White Widow

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- The plotters also intended to assassinate top Kenyan political and



Samantha Lewthwaite, a.k.a. "The White Widow" CONTRIBUTED

security officials, the report said.

Argentina. President to have surgery to remove blood clot from brain

Argentina's president will undergo surgery Tuesday to remove blood between her brain and skull that has been causing new and worrying symptoms, physicians said.

The president's doctors said they had ordered

President Cristina Fernandez on Saturday to rest for a month after discovering the subdural hematoma — a clot inside her skull pressuring her brain and causing headaches. In some patients, such blood clots reabsorb by themselves over time.

But the situation became more urgent after Fernandez felt a weakness and numbness in her upper left arm Sunday evening, according to doctors at the Fundacion Favaloro, one of Argentina's top cardiology hospitals.

"Facing these symptoms, the team decided on surgical intervention," the hospital's doctors said in a statement Monday.

The surgery involves drilling small holes through the skull to remove old blood.

THE ASSOCIATED PRESS



Argentina's President Cristina Fernandez arrives at a local hospital in Buenos Aires on Monday. PABLO MOLINA/DYN/THE ASSOCIATED PRESS

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Spy games. Brazil wants Canada to explain espionage allegations

Brazil on Monday demanded clarifications from the Canadian government about allegations that its spies targeted Brazil's Mines and Energy Ministry, in what Brazilian President Dilma Rousseff said appears to be an act of industrial espionage. Foreign Minister Luiz Alberto Figueiredo summoned the Canadian ambassador in the capital of Brasilia to "transmit the indignation of the Brazilian government and demand explanations," the Foreign Ministry said in a statement that followed the revelations that were aired Sunday night on Brazil's Globo network.

The report said the metadata of phone calls and emails from and to the ministry were targeted by Canada's Communications Security Establishment to map the ministry's communications. It didn't indicate if emails were read or phone calls listened to.

The report was based on documents leaked by former

Why spy?

In comments Monday on Twitter, President Dilma Rousseff said industrial espionage appears to be behind the alleged spying.

- Canadian companies have large mining interest across the globe, including in Brazil.

National Security Agency contractor Edward Snowden and was the latest showing that Latin America's biggest country has been a target for United States, British and now Canadian spy agencies.

During Monday's meeting, Figueiredo expressed "the government's repudiation of this serious and unacceptable violation of national sovereignty and the rights of people and companies," the Foreign Ministry statement said. **THE CANADIAN PRESS**

Baird mouthing

Maldives not impressed with Minister Baird

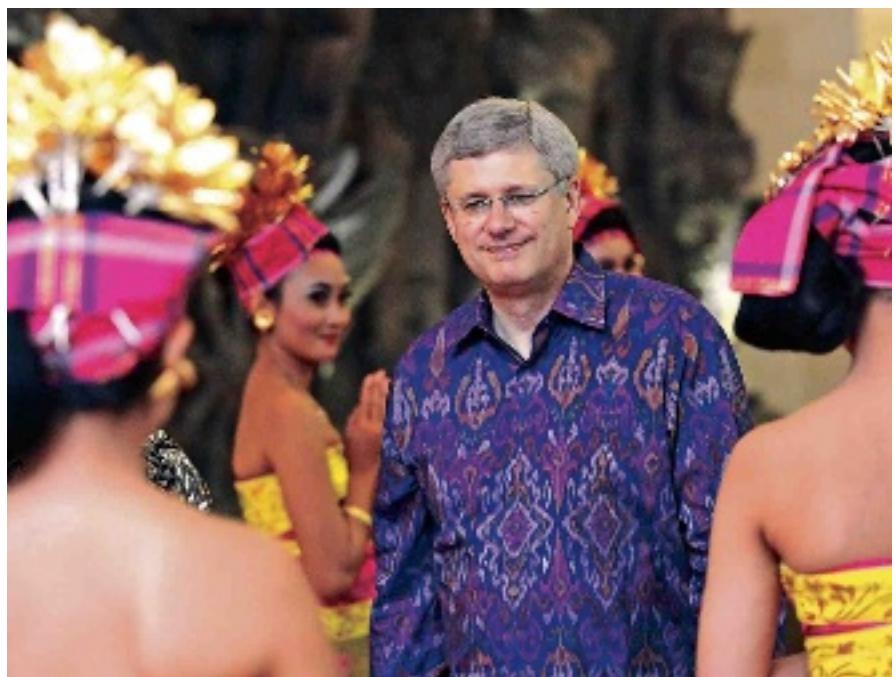


Foreign Affairs Minister John Baird is in hot water with the Maldives.

President Mohamed Waheed wrote to Stephen Harper to complain about Baird's conduct during recent Commonwealth meetings in New York.

In a statement posted on the Maldives president's website, Waheed alleges Baird made "inappropriate and derogatory remarks" and "posed several harshly worded questions" to his acting foreign minister.

Baird's office says the minister raised concerns about the first round of voting in the Maldives' presidential election, which the country's highest court on Monday declared was flawed. **THE CANADIAN PRESS**



Even beautiful Bali cannot distract Harper from worries over upcoming leaders' summit

Prime Minister Stephen Harper has used the platform of one international leaders' summit in Bali Monday to fire a torpedo into the hull of another. Harper stepped to the sidelines of the Asia-Pacific Economic Cooperation gathering on this idyllic Indonesian tourist island to formally confirm he'll boycott next month's Commonwealth summit in Sri Lanka. He threatened that Canada could cut the purse strings to the 64-year-old Commonwealth organization due to ongoing human rights abuses by the host Sri Lankan government. Canada contributes about \$20 million annually to various Commonwealth initiatives. **SEAN KILPATRICK/THE CANADIAN PRESS**

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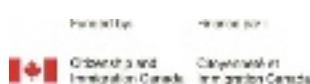
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Canadians not free to leave Egypt as case remains open

Not out of the woods yet. They spent seven weeks behind bars without charge

Canadians John Greyson and Tarek Loubani are still under investigation in Egypt after their abrupt release early Sunday, and will be prevented from leaving the country until they are charged or the case closed, the Egyptian foreign ministry told *Torstar News Service* on Monday.

"The case is in the hands of the prosecutor-general's office, who have full independence," said Badr Abdelatty, a spokesperson for the ministry.

The two men were detained Aug. 16 at the height of violent clashes between Egyptian security forces and supporters of ousted president Mohammed Morsi. They were on a stopover on their way to Gaza, where Loubani, a London, Ont., emergency-room doctor, was to



Egyptians wait for the bus on a bridge in Cairo on Monday. Canadians John Greyson and Tarek Loubani are currently recuperating in a hotel in this city, according to relatives. **HASSAN AMMAR/THE ASSOCIATED PRESS**

teach medical students, which Toronto filmmaker Greyson planned to film.

In spite of the men's sudden release, and expectations that they would be home soon, Abdelatty said the case was "ongoing" and it is "usual that they remain in the country until (it) is resolved. No one with a pending case against

them is allowed to leave the country."

They had spent seven weeks behind bars without charge, and last week the detention period was extended by 45 days, until mid-November. That period allows the prosecutor to gather evidence for possible charges against them. **TORSTAR NEWS SERVICE**

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The all-new 2014 Corolla LE ECO looks great from the inside and out. Its technologically advanced 1.8 litre VALVEMATIC engine with CVTi-S transmission, aerodynamic underbody covers and stabilizing fins, have made it the most fuel efficient gasoline powered compact sedan in Canada*, with a combined fuel consumption rating of 5.7L/100km (50 mpg)**. And you get it all with features like a 6.1" Touchscreen Display Audio System with Bluetooth®, Voice Recognition, USB Audio Input and Backup Camera all wrapped up in a sleek, expressive new design. Once you're able to believe your eyes, visit toyota.ca for details.

LE *Eco*



Corolla LE ECO shown.

*2014 Corolla LE ECO base model comparisons are with respect to all other gasoline powered models in the class for sale in Canada, excluding hybrids.

**Fuel efficiency estimates were determined using approved Government of Canada test methods. Actual fuel consumption will vary based on driving habits and other factors.



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My Story published

Elizabeth Smart
recounts '9 months
of hell' in memoir

Minutes after 14-year-old Elizabeth Smart was snatched from her bedroom a decade ago, a police cruiser idled by along a neighbourhood street as she was forced to the ground at knifepoint. "Move and I will kill you!" her captor hissed.

It was one of several fleeting times Smart, now 25, watched a rescue slip away during her nine-month ordeal, she recounts in *My Story*, a 308-page book being released by St. Martin's Press on Monday.

THE ASSOCIATED PRESS



Elizabeth Smart

Bartender's big tip

**Lottery ticket turns
into \$17,500 boon**

An Oregon bartender just got the tip of a lifetime.

One of Aurora Kephart's regulars at Conway's Restaurant and Lounge in Springfield often tips her with Keno tickets from the Oregon Lottery.

On Tuesday evening last week, the man who wishes to remain anonymous asked

Kephart to choose two. When she checked the numbers, Kephart's first ticket won \$5. The second turned into a \$17,500 US gratuity.

"I automatically handed it back to him; it was his ticket," said Kephart, 25.

But the man wouldn't take the ticket and made Kephart sign it so she would be the only one able to collect the prize.

THE ASSOCIATED PRESS

Prisoners file lawsuit over alleged abuses

Prison fight club.

One inmate alleges they're forced to fight each other for 'staff entertainment'

Five inmates are suing a federal maximum security penitentiary in Edmonton, alleging the guards are spitting in their food, beating inmates and running a sadistic prisoner fight club.

The allegations are contained in lawsuits filed in Court of Queen's Bench by inmates against the Edmonton Institution.

Prisoner James Wigmore, in his statement of claim, says the acts are part of a sys-

tematic plan to terrorize and dehumanize the inmates.

He says the abuses occur in the segregation unit and that inmates are forced to fight each other for, in his words, "staff entertainment."

A spokesman for the Correctional Service of Canada declined comment as the case is before the courts.

The statement of claim contains allegations that have not been proven in court.

Erika Norheim, the lawyer representing the inmates, says the prisoners have tried to stop the abuse in-house for the last year without success and that the lawsuits are a last resort. Norheim says more lawsuits from other inmates are on the way.

THE CANADIAN PRESS

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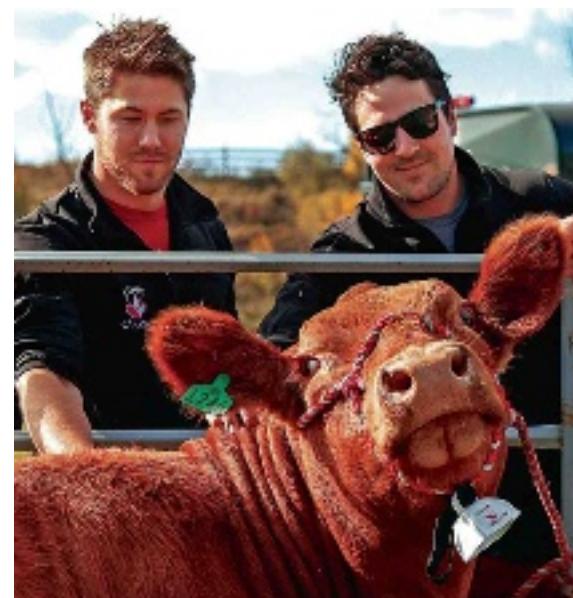
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Luge team beefs up with help from cattle rancher

Luge racers Tristan Walker, left, and Sam Edney meet with Zena a two-year-old heifer at a cattle ranch near Okotoks, Alta., Monday. Less than a week after the Canadian luge team slapped For Sale stickers on their helmets, they wore race suits and cowboy boots to a cookout in the foothills southwest of Calgary. Cattle rancher Mark Barnett donated a cow from his Pin to Point Gelbvieh farm to six members of the national team. "They straight up gave us beef," slider Alex Gough said. "We got a cow we split six ways." The luge team lost the title sponsor they'd recruited with their first For Sale campaign in 2009. It was a five-year partnership with a financial investment company worth \$1 million, but the company couldn't fulfil the final year of its commitment. JEFF MCINTOSH/THE CANADIAN PRESS

Cool quotient. Trendy e-cigarettes could hook youth on nicotine: Journal

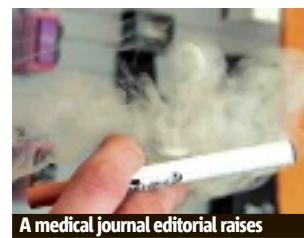
A leading Canadian medical journal is raising concerns that electronic cigarettes could hook a new generation into nicotine addiction.

With fruit-flavoured products and movie star endorsements, e-cigarettes could lure youth who wouldn't otherwise smoke into a nicotine habit, an editorial in this week's issue of the Canadian Medical Association Journal suggests.

The editorial was written by Dr. Matthew Stanbrook, a Toronto-based respirologist and an editor at the journal.

He said it may be tempting for society to embrace e-cigarettes based on the assumption that they help some people to quit smoking.

Electronic cigarettes are small cigarette-shaped canisters that are used to simulate the sensation of smoking. Batteries in the canisters heat up fluid-filled cartridges that then give off a vapour, which from a distance resembles smoke. Some of the cartridges are filled with flavoured liquids, for example



A medical journal editorial raises concerns youth may be attracted to trendy e-cigarettes. THE ASSOCIATED PRESS

cherry or menthol. Others contain nicotine, though those are not meant to be sold in Canada.

Stanbrook acknowledged that e-cigarettes probably do help some people quit smoking. But he worries that — unlike nicotine patches or gum — the devices have a cool quotient that could appeal to youth and spur them to start consuming nicotine.

"The gum isn't cool for youth to use in clubs. ... But here's something that looks to a casual observer exactly like smoking, can be made trendy, can be expanded to people who never smoked." THE CANADIAN PRESS

A head scratcher. Pink penalty flags at NFL games lead to mass confusion

The NFL won't use the pink penalty flags beyond Monday night's Jets-Falcons game.

The pink flags were part of the NFL's "A Crucial Catch" campaign in support of breast cancer awareness. Coupled with the players' pink equipment, especially their gloves and towels, the pink flags caused confusion among broadcasters, fans, players and coaches Sunday.

The league hadn't specified whether the pink penalty flags would be used through Week 7 like the rest of the breast cancer initiative, "but the experience this weekend solidified that it would be for one week only," NFL spokesman Michael Signora said.

Other elements of the cam-

A crucial mistake

"At times I didn't know if flags were thrown or not just because a lot of guys were wearing pink towels."

Broncos safety David Bruton, who kept thinking there were more penalties than the 10 that were called in Denver's 51-48 win at Dallas.

paign will remain, including pink wristbands and cleats, coins, sideline caps, goal-post padding, kicking tees, skull caps, shoe laces and cheerleaders' pom-poms until Oct. 21. Yellow flags will return with Thursday night's Giants-Bears game. THE ASSOCIATED PRESS

Market Minute



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(-0.20¢)



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OIL
\$103.03 US (-0.81¢)



GOLD
\$1,325.10 US (+\$15.20)

Natural gas: \$3.63 US (+ 0.3¢)
Dow Jones: 14,936.24 (-136.34)

Designer denim is the new hoodie

No offence Mark Zuckerberg... but hoodies are out in Silicon Valley, with young men ditching sweats for suits — or at least a sport coat

The Silicon Valley has had a men's fashion problem dating back to its founders.

From their inception, tech companies went out of their way to be different — and that meant no more business suits. Thus brilliant innovations took place in the dummest of outfits as leather sandals, elastic-waist jeans and old T-shirts became ubiquitous.

But that's changing as a younger generation of engineers and designers have arrived seeking clothes that



Peter Dering, founder of online startup Peak Design, looks through a package of clothing he got from Buck Mason at his office in San Francisco on Monday. Buck Mason, a new online men's store, has capitalized off men like Dering who are increasingly interested in looking dapper, not dowdy. JEFF CHIU/THE ASSOCIATED PRESS

co-ordinate.

"There's definitely a shift happening here, and the age

of the Silicon Valley culture has something to do with it," said image professional

Joseph Rosenfeld.

"As a generation," he said, young professionals "tend to care more about style than engineers of the past."

The market has responded to this new attitude among the region's rising nerds, geeks and hackers with new online men's stores, personal style consultants and an array of high-end shops at Northern California's biggest mall. They're catering to the emerging members of a creative industry who, nonetheless, are seeking something of a uniform.

"They'll typically wear designer denim and a great button-up shirt by day, and throw on a sport coat at night to go to a cigar or wine bar," said Westfield Valley Fair Mall general manager Matt Ehrie.

THE ASSOCIATED PRESS

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WILL YOU SPLIT THE COST WITH ME?

Asking your bride-to-be to cough up some cash for her own engagement ring might seem like an indecent proposal, but what if she offers to help pay for the rock? A recent survey conducted by wedding-planning website The Knot reveals that more and more heterosexual couples are splitting the cost of the engagement ring. Forty-six per cent of women who responded to the poll indicated that they would be willing to contribute their own money to make sure they wind up with the diamond of their dreams.

I have mixed feelings on this new trend. On the one hand, why shouldn't a woman offer to chip in to help cover the cost of the ring? If she earns big bucks and has a preference for flashy jewelry then it makes sense for her to invest in something she truly wants.

Going Dutch on an engagement ring acknowledges the modern reality of joint bank accounts and merged finances. Cohabita-



SHE SAYS
Jessica Napier
metronews.ca

tion before marriage is now the norm and splitting domestic expenses is usually part of the arrangement, so sharing the cost on this piece of marital hardware is a practical financial decision.

However, an engagement ring isn't just a cable bill or a furnace that needs replacing. It should be a symbol of love and commitment, not just another item on your monthly household budget sheet. Picking out a ring prior to the proposal and dividing the price tag between two Visa cards kind of takes away the romantic element of surprise. If an engagement ring is a gift from your future spouse, surely the sentiment is more important than the size of the rock?

For better or worse, most North American couples have bought into the matrimonial-industrial complex, which dictates that diamonds are an essential part of the courtship ritual. But increasingly it seems that the ring itself—the cut,

the colour, the sparkle—has become centre stage in the engagement process.

After announcing news of a proposal, women are accosted by friends and family who can barely get out a hurried "Congratulations" before demanding to see the ring. Every weekend social media is flooded not with images of smiling couples but with close-up iPhone snapshots of left hands adorned with recently acquired diamonds.

So is this trend towards cost-sharing really about equality, or is it an indication that our obsession with bridal bling has become too much for one paycheque to bear?

At the end of the day, we shouldn't really judge one another or comment on how others choose to spend their money. If you fancy a blinged-out sparkler then go ahead and invest in a nice rock together, but remember that the price of the ring doesn't signify the level of commitment. You can't measure love in carats.

Follow Jessica Napier on Twitter @MetroSheSays



ZOOM

Folk girl is larger than life



No, she didn't fall down a rabbit hole

These days, in the Polish city of Bialystok you can seemingly spot a giant girl watering a chestnut tree.

This massive five-storey mural of a girl with a watering can wearing a traditional folk outfit was painted by graphic designer Natalia Rak. The work was made as part of the city's Folk on the Street art festival. METRO

Artist's comments



At first, the festival organizers wanted to cut down the tree to make room for the mural. But when I showed them my idea, they didn't need to.

Natalia Rak, 27, graphic designer

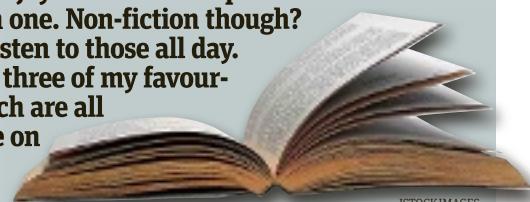
Timeline

4

It took Rak four hours to make the sketch of the girl. The 27-year-old from Lodz, Poland, used a cherry picker to reach the higher sections of Bialystok's Institute of Chemistry building.

COURTESY NATALIA RAK

I was slow to come around to audiobooks because early recommendations to me were all fiction, which for whatever reason I couldn't—and still can't—enjoy as an audio experience rather than a written one. Non-fiction though? I could listen to those all day. Here are three of my favourites, which are all available on Audible.



ISTOCKIMAGES

Shadow Divers (Robert Kurson):

When a group of divers set out in 1991 to solve the mystery of an unknown object on the sea floor off the New Jersey coast, they instead find a deeper riddle in the form of what should be an impossibility: A Second World War U-boat that both the German and American governments denied existed. The discovery kicks off a seven-year quest aimed at unravelling the history of "U-Who," a quest that winds through bitter disputes, imploding relationships and family tragedy.

Tearing Down The Wall of Sound (Mick Brown):

Phil Spector's Wall of Sound production technique remains one of the most stunning rackets you'll ever hear, 50 years after the release of classic girl group gems like "Then He

Kissed Me. By the time Mick Brown began working on this biography, Spector had become a recluse with a very dark reputation—and this was before actress Lana Clarkson was shot dead in the producer's home and true-crime seeped into the story of a music legend.

Tokyo Vice (Jake Adelstein):

A 19-year-old from the U.S. Midwest arrives in Japan to study literature, taking up residence in a Buddhist temple. After launching a career as the first non-Japanese reporter at one of the country's most prestigious newspapers, Adelstein soon finds himself working the crime beat in Tokyo's sleazy and tragically bleak underworld—eventually coming up against one of the yakuza's most fearsome bosses.

Comments

RE: Annie Lennox Slams Music Industry's 'Highly Styled Pornography,' published Oct. 6

Annie is so correct. The videos are such a bad influence on young people ... would be rapists included.

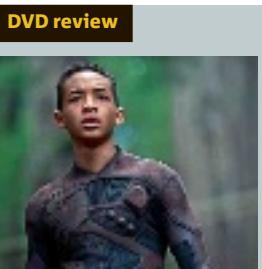
I don't understand why these performers have to resort to this "highly styled pornography" other than to draw more attention to themselves due to low self esteem or to make more money.

Unfortunately, it seems to be working.

scooter posted to metronews.ca

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After Earth

Director: M. Night Shyamalan

Stars: Jaden Smith, David Denman, Will Smith

After Earth is so staggeringly ill-conceived, you almost have to admire the moxie of everyone involved with it. First you have a major studio (Sony), rolling the dice on a sci-fi blockbuster by an auteur director (M. Night Shyamalan), whose previous attempts at popcorn thrills (The Last Airbender, The Happening) were greeted with raspberries. Then you take your marquee star (Will Smith), add 10 pounds and remove all charisma, while benching him for most of the movie. The burden of the picture falls upon the star's 14-year-old son (Jaden Smith), who simply can't emote within the CGI-heavy environment of the dangerous post-Apocalypse planet he's playing hero in. Jaden is told by an older fighter that he's "not ready" for prime time, because he has a tendency to fade in the field — a comment that indirectly serves as criticism of the kid's underachieving acting. The end result is a movie that should have been called Death Wish, had that title not already been nabbed long ago. And the only value in watching it is to see an expensive disaster slowly unfold.

PETER HOWELL



Sara Canning and Ryan Kwanten star in *The Right Kind of Wrong*. CONTRIBUTED

A story of love in the time of camera phones

The Right Kind of Wrong. After being skewered on the Internet, rom-com's hero is not your typical knight in shining armour

Stop us if you've heard this one before: *The Right Kind of Wrong* isn't typical rom-com fare.

"And I need to use the word 'quirky' too, right?" said Sara Canning in an interview. "Because everyone says 'quirky romantic comedy.'"

Canning, 26, plays Colette, the target of the affections of despondent dishwasher/writer Leo (portrayed by *True Blood* star Ryan Kwanten), whose

reputation is left in tatters by his ex-wife's hyper-popular blog *Why You Suck*.

Leo falls in love with Colette on the very day she's set to marry an athlete humanitarian. What follows is a single-minded, nearly stalkerish, sometimes painful quest to make her love him, turning the lovable male knight trope — and the idea of the weak-willed woman — on its head.

"It's not the traditional way that he takes, but he works his way in there," said Canning. "And I don't think it's just about her falling in love with him, I think it's her realizing a lot about what she's settled on and what she's shelved in her life under some idea of what marriage is."

Kwanten said he relished the chance to play a character who isn't necessarily likable on

Adaptation

The film is adapted from the 1987 novel *Sex and Sunsets*, which was released well before the Internet's prime. The story in its current form is very much a product of this mobile-device moment, where Kwanten says we are "losing our ability to listen or to be romantic."

screen, but who wins over the girl — and the audience.

"Leo is flawlessly flawed in a way ... This was a character I've never seen in film before, and it was a great challenge, sinking my teeth into this guy who's so self-centred, obnoxious, sort of a professional dreamer. And to step into his shoes like that, it almost made me realize that

in a weird way, we all kind of dream to be like that, but because of societal conventions, we're predisposed to not being like that," said the 36-year-old actor.

"Growing up, I was always sort of the shy kid. I was always the fool standing in the corner at a dance party wanting to dance but being too caught up in my own little world, so worried about what everyone else is thinking, to get down and have a bit of a boogie. These days, you hit your mid-20s, your late-20s, you think, 'What do I have to lose? Life's getting away from me and I'm not doing the things that I really want to do,' and this guy does everything he wants to do."

The Right Kind of Wrong hits theatres on Oct. 11.

THE CANADIAN PRESS

Villain sinks his Klaus into very own spinoff

The Originals.

The Vampire Diaries spinoff gives bad guy Klaus Mikaelson more time to shine

The big, bad villain on the CW's *The Vampire Diaries* has his own series now.

Joseph Morgan first appeared during season two as Klaus Mikaelson, one of the world's first vampires, who

is also half-werewolf. He was a series regular in the third and fourth seasons. "I love it," said the 32-year-old Morgan. "It's been one of the most fun characters I've ever played."

Fans loved Morgan's Klaus and his fellow vampire family members. They were making YouTube videos about the clan before the spinoff was announced.

Morgan is joined on the series by *Vampire Diaries* cast members Daniel Gillies, Claire Holt and Phoebe Tonkin. The

show premiered last week on Thursday (9 p.m. EDT), but will begin airing in its regular Tuesday time slot (8 p.m. EDT) beginning today.

We asked Morgan a few questions about his new show.

How would you describe Klaus?

Klaus is an original vampire. His family was the first vampires to ever walk the planet. He's also a hybrid. He's half-vampire, half-werewolf because his father was a werewolf, different to his siblings.

(His siblings had a different father.) So, when we were made vampires 1,000 years ago and we each made our first kills, part of the werewolf curse is when you make your first kill, you transform (into a wolf), so it was then that my hybrid nature became apparent.

What's it like to star in your own show?

For me it's more consuming because I'm just in more of it. There's more to do.

THE ASSOCIATED PRESS



Joseph Morgan as Klaus Mikaelson.
THE ASSOCIATED PRESS

2
SCENE

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New album. AFI's singer Davey Havok says the record's tone is 'brutal throughout'

JOHN
PLICHTER

Metro World News in Boston

Since the release of their major label debut, Sing the Sorrow, 10 years ago, AFI have solidified themselves as a band that can blend a variety of musical genres at once. Just as their look has evolved over the years, so has their music.

"A good analysis would be that we're blending the pure rock feel of Crash Love with the electronic elements of Decemberunderground," says singer Davey Havok when asked about their upcoming album Burials. "It's a musically ambitious record," he says.

The first single off of Burials, is I Hope You Suffer, which seems to have a more brutal sound than anything from Crash Love. Does the whole record follow suit?

I'd say the tone and sentiment of the record is brutal throughout. I Hope You Suffer really represents the majority of it. There's more yelling in tone on the record than in practice.

I understand that it took you only six weeks to record



Davey Havok says recording the new album was "pressurized." GETTY IMAGES

Burials.

It was tense and pressurized. We had to get so much done in such a short amount of time. We stayed focused and managed to do it, and I'm really happy with the way it sounds. But would I have liked to have more time? Yes.

There were a few other songs that I would have liked to track and record.

I've heard that you typically write upwards of 100 songs before selecting the best ones for the record. How many are we talking about here?

I can't say exactly how many we wrote and demoed out this time

What to wear...

You've launched a few clothing lines over the past few years. Any fall fashion tips?

- I'm a vegan and don't wear wool, and fall is a very wool-heavy season. ... But there's a lot of great vegan stuff out there. Joshua Katcher just created a line of off-the-rack suits for men that I'm very excited for.

around, but I feel it was upwards of 60 songs. I really loved a lot of them too.



Lindsay Lohan ALL PHOTOS GETTY IMAGES

She's once, twice, six times an expert: Lindsay's tough lessons turn her to teaching?

Having been checked into rehab six times herself, Lindsay Lohan is something of an expert when it comes to recovery. Or at least that appears to be the thinking behind her latest idea for a career move. The troubled starlet is reportedly looking into opening her own rehab centre and naming it after herself, according to Radar Online. "Lindsay is telling

friends that she knows what works and doesn't when it comes to treatment. She feels that she is in the right frame of mind now to give advice to other young people who have their own problems," a source says. "She loves the idea and really believes that if her name is attached to it, it will help draw attention to sobriety."

A pain in the neck won't stop this Snow White star

Charlize Theron is going to be rocking some scarves for a bit after finally undergoing surgery for a neck injury she suffered several years ago, according to Us Weekly. "Charlize got

injured on a set and broke a vertebrae years ago," a source says. "It's been bothering her a lot lately so she had surgery to correct it and they had to go through her neck."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Jai gets jilted: AD-list love triangle plays out on Twitter

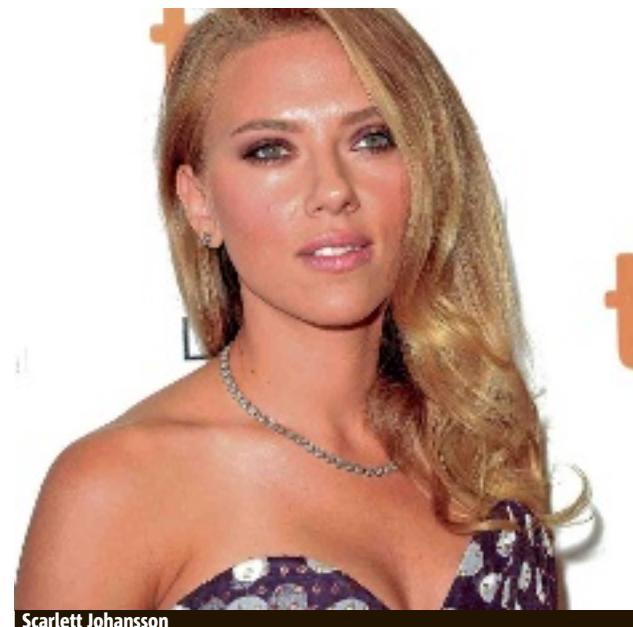
MELINDA
TAUB
Metro World News

Do you ever wish pop culture would just freeze where it is? No new famous people admitted, we're at capacity? I feel like every time I turn around there's a new crop of pop star types, singing and courting and calling each other out on Twitter, and it's getting hard to track.

Ariana Grande's ex Jai Brooks posted a long rant on Twitter accusing her of cheating on him when she began her relationship with Nathan Sykes. Apparently all three of these people are famous. OK, OK, I know who Ariana Grande is, and Nathan Sykes is in the Wanted, but for the life of me I can't figure out how I'm meant to have heard of this Jai person.

Anyway, Jai is very sad right now, because Ariana not only dumped him for Nathan — she also cheated on him, he claimed. "Yes I was cheated on. Yes it does suck," he wrote on Twitter.

"Nathan may be a top bloke or a sweet person, but what he did was just completely wrong. He interfered with my life and



Scarlett Johansson

Sexy Scarlett knows her title Don come easy

Scarlett Johansson is officially very attractive. Esquire magazine has dubbed the Don Jon star the Sexiest Woman Alive once again, making her the first woman to have the honour of earning the title twice. She was also named Sexiest Woman Alive by the magazine seven years ago. And Johans-

son doesn't plan on wasting this opportunity. "I'm the only woman to win twice, right? You know, I've got to hustle," she tells the magazine. "I'm a 28-year-old woman in the movie business, right? Pretty soon the roles you're offered all become mothers. Then they just sort of stop."

Twitter



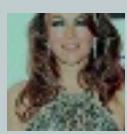
@mindykaling

The hell of the modern dinner party is that interesting people never want to talk about themselves and boring people ask no questions.



@johncusack

well that instagram aint me don't even have an account.



@ElizabethHurley

PS contrary to ludicrous reports, family, friends & followers, I am certainly not trying to have a baby.... mind boggling.

An advertisement for Cineplex Store. It features a large image of a wooden rocking horse. A speech bubble on the left says "\$2.50 DIGITAL TUESDAYS" and "\$2.50 movie rentals. \$2.50 off downloads." To the right, text reads "There's no better entertainment at this price. But feel free to try." The Cineplex logo and website "CINEPLEXSTORE.COM" are at the bottom, along with the tagline "Buy or rent movies at CineplexStore.com".

Offer valid (excluding tax) rental offer applies to standard definition movie rentals with an original rental price of up to \$5.00 (excluding tax) only. The rental price for movies that are in high definition will be \$2.50 off the original rental price. Rental viewing window: 24 hours. 25% of the hours of rental/purchase offer only applies to DVD, Blu-ray, Digital Movie purchases of \$14.99 or more (excluding tax). Offers are not valid in Quebec. Some restrictions apply. Go to cineplexstore.com for more information.

3

Hot 'n' Cold and fit all over

Katy Perry. The 28-year-old pop star's personal trainer, Harley Pasternak, tells Metro how she stays in shape

**ROMINA
MCGUINNESS**
life@metronews.ca

She may have John Mayer, more than 42 million Twitter

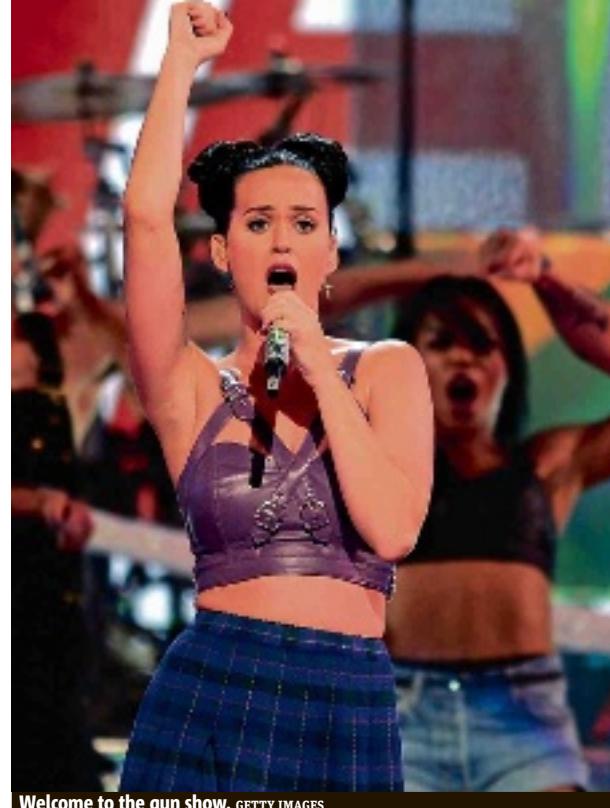
followers and endless chart records, but Katy Perry is just a regular gal who wants the same thing many women want: to look and feel great as quickly and safely as possible.

And here's how she does it. "Katy and I train together three times a week — a typical session will last up to 45 minutes. Every day is different, but we'll always start off with a five-minute cardio warm up, either on the elliptical or on

a bike, followed by an upper body exercise, a lower body exercise and an abdominal exercise. We do repeat this sequence as a non-stop circuit a number of times before ending with a five-minute cardio cool down," Harley Pasternak, the star's trainer, tells Metro.

It's not only all about her presence and stamina on stage.

"People (not just the singer) are constantly rolling their



Welcome to the gun show. GETTY IMAGES

Work that body

"Every day is different, but we'll always start off with a five-minute cardio warm up."

Harley Pasternak
Katy Perry's trainer

shoulders forwards, whether that's because they've been sitting down for too long, tex-

The Perry diet

Her trainer makes sure Katy Perry eats five times a day — three meals and two snacks. Every time she eats there has to be a protein, a fibre and a healthy fat. This helps her feel full and boosts her metabolism

Dinner

Shrimp stir-fry



Breakfast

Red breakfast smoothie



ting or working in front of a computer. We really focus on trying to undo that and elongate the front of her body by working her upper back muscles (rhomboids) with things like cable and dumbbell rows. We also focus on her lower back with exercises like Superman and her hamstrings by doing stiff leg deadlifts. We'll also do tricep press-ups or dumbbell tricep extensions."

Lunch

Salad with grilled chicken



Snack 1

Cut veggies with hummus



Snack 2

Air pop popcorn

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BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine



Show some love. ISTOCK PHOTOS

October is Breast Cancer Awareness Month, and as freelancer Lesley Young writes in the October issue of Best Health, there is a lot to celebrate when it comes to the advances being made in the fight against the disease. To put it into perspective, the breast-cancer survival rate is now 88 per cent, up from 79 per cent 25 years ago. There is still a lot of work to be done. Here are just a few examples of our Good News Awards.

Prevention: most surprising discovery

In early 2013, a study of 1,200 healthy women showed that those with low vitamin D levels during a three-month period before diagnosis had three times the breast-cancer risk as women with the highest vitamin D levels. This suggests that taking vitamin D is strongly connected to cancer prevention.

Detection: most promising technology

The current mammography catches 85 per cent of breast cancer in women whose breast tissue is primarily fatty. But it catches only 60 per cent of cancers

in women whose breasts are dense (more tissue than fat). New technologies — breast tomosynthesis and breast-specific gamma imaging — are being developed that are expected to offer better analysis for women with dense breast tissue.

Treatment: most exciting targeted treatments

The drugs in development right now are the next generation of treatment for women with various types of breast cancer. They include one being developed by research leaders right here in Canada — the so-called "sharpshooter" drug can target only the bad cells, whereas traditional chemotherapy is non-specific.

So keep on participating in fundraising activities, this month and all year round. The money you are raising is truly making a difference. If you have participated in a fundraiser, share your stories and photos at besthealthmag.ca/challenge.

FOR MORE FITNESS, FOOD AND BEAUTY FROM BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA, OR CHECK OUT OUR IPAD APP.

Health science.

Experts weigh in on whether Body Mass Index is a realistic reflection of your general health

VIRGINIA PELLEY
Metro World News

In the early 19th century, doctors still commonly prescribed bloodletting to treat ailments and disease, and a bag of live caterpillars tied around the neck was considered an effective treatment for whooping cough. Yet despite vast scientific advances in medicine since then, many doctors still use the formula for determining healthy body weight that a Belgian mathematician created in the 1830s. This system, now referred to as the Body Mass Index (BMI), measures body fat based on your height and weight and is recommended by both the Centers for Disease Control and National Institutes of Health — even though according to recent research, BMI is inaccurate and unhelpful in evaluating risk of obesity-related diseases and mortality.

“Someone with muscle mass has a lower risk of disease, even if they’re over-

Is BMI really the best way to measure your health?



BMI may not carry as much weight as people think. ISTOCK

weight according to their BMI,” says Westbury, N.Y.-based Dr. Andre Giannakopoulos, diplomate on the American Board of Internal Medicine and the American Board of Obesity Medicine and an obesity specialist at the Center for Medical Weight Loss. “For example, a construction worker who’s muscular but not necessarily an athlete might be slightly overweight, but that might nevertheless be a healthy weight for him. It’s the amount of fat on the body in terms of percentage that con-

tributes to risk.”

Because it doesn’t take muscle mass, body fat composition, bone density and racial and sex differences into account, BMI shouldn’t be the main tool to determine whether someone is at risk of more than 50 obesity-related health problems and diseases such as cancer, heart disease, hypertension and sleep apnea, says Dr. Rexford S. Ahima, professor of medicine at the University of Pennsylvania Perelman School of Medicine and co-author of an article regarding the diffi-

Get to know your weight

“Someone with muscle mass has a lower risk of disease, even if they’re overweight according to their BMI.”

Dr. Andre Giannakopoulos
American Board of Obesity Medicine

culty of treating obesity published in the journal *Science*.

“Although BMI isn’t very accurate, it’s simple, cheap and can be used for comparative studies in various populations,” Ahima says.

“Accurate measures for body fat, such as underwater weighing, CT scan, MRI and DEXA, are expensive, cumbersome and not practical for large studies.”

But as a growing body of research links obesity with expensive-to-treat chronic diseases, insurance companies are becoming more apt to cover medical treatment for obesity, Giannakopoulos says.

“Treating obesity is much more complex than simply telling people to eat less and exercise more,” says Giannakopoulos.

“Looking at overall blood work, for example, can uncover medical issues that could be making weight loss more difficult.”



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LIGHT THE NIGHT WALK

Tracy Anderson dishes on surviving your pre- and your post-natal fitness

Mommy fitness. The trainer to the stars tells Metro how she finds ways to stay in shape even with her new kid

MEREDITH
ENGEL
Metro World News

Fresh off a red-eye from Los Angeles, Tracy Anderson walks into the room cheery, but a bit sleepy. She had been filming her new digital fitness series with Gwyneth Paltrow only hours before.

"The eyelashes fell off, but I still have on my makeup," she tells us, seemingly exhausted.

The trainer knows a thing or two about being exhausted — her 15-month-old daughter is in the car with her assistant, she tells us — but that doesn't mean she gets a pass to skip fitness. And she says



Tracy Anderson, front, promotes exercising — even with an infant in your life. GETTY IMAGES

new moms — in all their bleary-eyed, spit-up-stained glory — should make sure to squeeze in a little post-natal

exercise. But first, she says, we need to cut these women some baby-weight slack.

"The worst thing that we

can do is criticize celeb new moms and make it look like it's shameful to not get baby weight off really fast. I don't understand why women do this to women," she says. "It's great when somebody gets it off quickly. I got it off really fast this time. I did not with my son 15 years ago — I gained 60 pounds."

Indeed, the pressure to be "superwoman," she says — balancing career, home and changing bodies — can take its toll. But exercise, she says, isn't something that should fall to the wayside, even in a hectic post-birth life.

"Everyone should exercise, even if you have a heart condition or something — there is a parameter around how you can exercise," she says. "The only people that shouldn't exercise are high-risk pregnant women that

One good move

Her pre-natal fitness move:

- **Quote.** "Getting down on all fours, letting the uterus hang, letting the pressure come up through your back and doing leg lifts will work through your abs. Cardio for me doesn't feel natural during my pregnancies. I walk and I do lots of toning muscular structure work."

are put on bed rest, really, or if you're put on bed rest for some other disease. But moving is life and exercising is life — that's something that's healthy for everyone."

Anderson adds that new moms shouldn't compare their bodies pre- and post-pregnancy because of the chemical changes that take place.

"Every new mom, their body feels like an alien," she reassures. "There's a hormone in your body called relaxin and that hormone gets put through your body during pregnancy so that you can expand to carry the baby, so that your body can change."

But once you have the baby, the hormone doesn't come out with it. It sticks around for six months. All the changes that happen, she says, are meant to prepare us for more kids.

"Our bodies are meant to have more than one baby," Anderson adds. "So nature will only bring the hips back to a certain extent, which is not all the way back to where they were before."

Baby health



Research C-sections before committing. ISTOCK

Sparing moms C-section surgery

Expecting twins? You probably don't need to schedule a cesarean section. Most moms can safely give birth without surgery, a big study finds.

It's the latest research to question the need for C-sections, which are done in one-third of all births in the United States and three-fourths of those involving twins. Studies increasingly are challenging long-held beliefs about cesareans, such as that women who had one need to deliver future babies the same way.

Now doctors are looking hard at C-sections for twin births, which are on the rise because of infertility treatments. Twins have more risk for birth complications and some studies suggest C-sections lower that risk, but this had not been put to a rigorous test.

Dr. Jon Barrett of Sunnybrook Health Sciences Centre in Toronto, led a study in 25 countries of 2,800 women pregnant with twins. All of the first of the twins to be delivered were in good position for birth (most doctors still recommend a C-section if the first twin is in feet-first or breech position.)

THE ASSOCIATED PRESS

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This week:
It's Time to Quit!



Tomatoes, feta, corn and avocado go with the grain



ROSE REISMAN
For more, visit
rosereisman.com or
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@rosereisman

This grain salad is best either warm or at room temperature.

It's best to cut the avocado just before serving or squeeze lemon juice over top to prevent browning.

Brown rice is a whole grain filled with nutrients such as B vitamins, fibre and protein.

1. Add the rice to the water or stock with the oregano and cumin. Bring to a boil, cover and simmer for 25 to 30 minutes or until the rice is cooked. Drain any excess liquid. Set aside.

2. Meanwhile in a large skillet, add the oil and onion and sauté for 5 minutes until tender. Add the garlic and corn and sauté until



This recipe serves eight. ROSE REISMAN.

the corn begins to brown. Add the tomatoes and cook until slightly charred (about

3 minutes).

3. Add the beans, arugula,

Ingredients

- 1 cup brown rice
- 3 cups water or chicken stock
- 1/2 tsp dried oregano
- 1/2 tsp ground cumin
- 2 tsp vegetable oil
- 1 cup chopped onion
- 2 tsp crushed garlic
- 1 cup canned corn
- 2 cups grape tomatoes
- 2 cups canned and rinsed black beans (one 19 oz/540 ml can)
- 2 cups arugula
- 3/4 cup crumbled light (30% reduced) feta cheese (2 1/2 oz/75 g)
- 2 tbsp olive oil
- 3 tbsp lemon juice
- pinch of salt and pepper
- 1/3 cup chopped cilantro or parsley
- 1/2 cup diced avocados

feta, olive oil, lemon juice, salt and pepper, cilantro and rice. Heat just until warm. Add diced avocado.

Health Solutions

Getting corny



NUTRI-BITES
Theresa Albert
DHN, RNC
myfriendinfood.com

winter months to add a fresh flair. Store flat in freezer bags in the freezer. Eat corn as usual, rolled in butter.

• Cut from the cob raw and toss into a skillet with a pinch of smoked paprika and/or cayenne and a generous squeeze of lime juice. Add a dollop of butter and serve as a side dish with fish.

• Cut any leftover corn off the cob and stir with minced red onions and a vinaigrette. Use as a relish.

• Scrape corn from the cob with a flat knife and reserve any "cream". Stir 1/2 cup corn with its cream with 1/2 cup Greek yogurt and 1/4 cup grated cheddar cheese with a dash of Worcestershire, pinch of oregano and a clove of minced garlic. Use as a bread spread or in wraps in place of mayo. **TERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**



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Knowing what to teach kids about finances can be difficult, but a new educational tool can help parents tackle the subject. iSTOCK

Dollar Decision\$ series helps you talk to kids about money

Education. Interactive tool shows teens about the consequences of their financial decisions



YOUR MONEY
Alison Griffiths
money@metronews.ca

Most parents would rather tackle sex education than financial education. Everyone with kids has some experience of the former but many lack confidence in their money skills. And even if one is pretty good with the bucks, knowing what to teach kids about finances and when to do it can be perplexing.

Then you get to the teen years when educating those little darlings about anything can be as difficult as rappelling without a rope.

Fortunately, there's help

for parents of Gen Tech. Dollar Decision\$, an interactive series just launched by the Investor Education Fund, is available at getsmarteraboutmoney.ca, and offers three engaging life situations to draw teens into thinking about financial issues.

Dollar Decision\$ was rolled out to teachers this summer, but I think it is also an excellent tool for parents who want to encourage teens, not only to make smart financial decisions, but to think about the consequences of different roads taken.

For example, in the Laptop Liberty scenario, buying a new computer offers various options for arriving at the goal. Some leave money in the wallet; others end up resulting in

a debt.

One of the best aspects of Dollar Decision\$ is that it allows students to make less-than-ideal choices, then shows them the cost in dollar terms. I also like the links available, especially the Financial Goals Worksheet — a handy tool for any age. The worksheet gets kids thinking about financial goals, then creating a plan to achieve them.

And while you're at it, encourage teens to try their hand at the Credit IQ quiz link at the bottom of the Dollar Decision\$ series. Even though a young person may be years away from getting their own credit card, learning how they work, and how they affect a credit score and one's ability to borrow, is

Coulda, woulda, shoulda

One of the best aspects of Dollar Decision\$ is that it allows students to make less-than-ideal choices, then shows them the cost in dollar terms.

Check it out

- Dollar Decision\$ is available at getsmarteraboutmoney.ca. The site is run by non-profit organization the Investor Education Fund, and it also contains information about a wide range of other financial topics.

vital information.

Continuing on the kids-and-money theme, there are still a couple of weeks left in the Credit Canada Debt Solutions annual essay contest. Visit cewc.ca. It's open to Grade 12 students with 25 prizes of up to \$5,000 available. I'm a judge for the contest. Here's a tip — don't be afraid to expose yourself, and the funnier the better.

Contact Alison at griffiths.alison@gmail.com or alison.griffiths.ca



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Bobby Ryan flips over the net onto Maple Leafs goalie Jonathan Bernier during the Senators' 5-4 loss on Saturday night in Toronto. RENE JOHNSTON/TORSTAR NEWS SERVICE

Ryan still searching for bearings with Sens

NHL. New forward not concerned with 2-game drought as Ottawa club gets set to head out on trip west

Bobby Ryan is hoping to benefit from familiar surroundings.

The Ottawa winger is searching for his first goal and can't help but wonder if playing in some well-known rinks might work to his advantage. While two games is hardly enough time to evaluate his game, Ryan knows people won't stop judging him until he finds the back of the net.

With the Senators head-

ing out on a four-game, 10-day western road trip, Ryan will have the opportunity to play in a number of familiar rinks, most notably the Honda Centre where he spent parts of five seasons with the Anaheim Ducks.

"I'm comfortable in those buildings that we're going to," said Ryan. "I've played in that division for a long time so I like to think I have a leg up but who knows at the end of the day."

Ryan, 26, admitted there have been some adjustments to playing in the Eastern Conference after spending the first six years of his career in the West.

"I don't think I've seen that much transition in a long time," said Ryan. "It's much more of a dump-and-chase (style) in the West and I guess these guys will

Spezza sidelined

Senators captain Jason Spezza was given a maintenance day Monday as he continues to be hampered by a minor groin injury suffered in training camp.

- He is expected to be ready for Wednesday's game in Los Angeles.

get a taste of that this week."

Ryan scored his first NHL goal against the Los Angeles Kings. He'd love nothing more than to score his first goal as a Senator in the same building when the two teams play Wednesday.

Ryan traditionally has slow starts, with October being his least productive month. He's also adjusting to a new team and different linemates.

After two games, Ryan has one assist while linemates Jason Spezza and Milan Michalek have a goal and an assist apiece.

"It's pretty hard to jump on a guy after two games on the road," said Ryan. "We had chances, it wasn't for the lack of effort or chances, but I think we gave up too many opportunities as a line, (there's a) little bit of kinks to work out."

Senators head coach Paul MacLean has no complaints with Ryan's debut and said his conditioning level is fine.

THE CANADIAN PRESS

ALDS

For Tigers, it's 'either score runs or go home'

The Detroit Tigers have fallen behind the Oakland Athletics for the first time, and there's plenty of blame to go around.

Detroit struggled on the mound, at the plate and in the field during a 6-3 loss Monday that left the Tigers trailing 2-1 in the best-of-five AL division series.

"This is on everybody," Tigers superstar Miguel Cabrera said. "We all need to do better."

The Tigers, who won the series opener, will face elimination on Tuesday at home with Detroit right-hander Doug Fister facing Oakland's righty Dan Straily.

"We either score runs or we go home," Cabrera said. THE ASSOCIATED PRESS

NLDS

Wacha throws flames as Cards stay alive

Rookie Michael Wacha took a no-hit bid into the eighth inning and the St. Louis Cardinals showed off their October poise, edging the Pittsburgh Pirates 2-1 Monday and setting up a winner-take-all Game 5 in the NL division series.

The Cards improved to 7-1 over the last three years when facing elimination. Wacha came within an out of a no-hitter in his final regular-season start.



Michael Wacha
GETTY IMAGES

MLB. Blue Jays fire pair of coaches after dismal 2013

The starting rotation was identified as the weak link in the Blue Jays' disappointing 2013 season but the men in charge of improving batting in recent seasons paid the price Monday.

The 73-89 American League East team announced that hitting coach Chad Mottola and first base coach Dwayne Murphy would not be back with the major league staff. Mottola

just completed his first season as the Jays' hitting coach, a job Murphy held from 2010 to 2012.

Bench coach DeMarlo Hale, pitching coach Pete Walker, third-base coach Luis Rivera and bullpen coach Pat Hentgen will return in their current roles under manager John Gibbons, the team said in a statement. THE CANADIAN PRESS

At odds. Spin-o-rama not turning everyone's crank

Mason Raymond caused quite a stir with his spin-o-rama shoot-out move Saturday night.

The Toronto Maple Leafs winger scored on Craig Anderson, and the Ottawa Senators and others weren't sure if it should have been a goal after the joint NHL and Players' Association competition committee recommended making the 360-degree spin-o-rama illegal

in shootouts over the summer.

During a recent conference call, however, NHL executive vice-president and director of hockey operations Colin Campbell clarified that such a goal could be taken back, but only "if 1) there is interference on the goaltender or 2) the puck stops completely or 3) their motion stops completely and/or reverses." THE CANADIAN PRESS

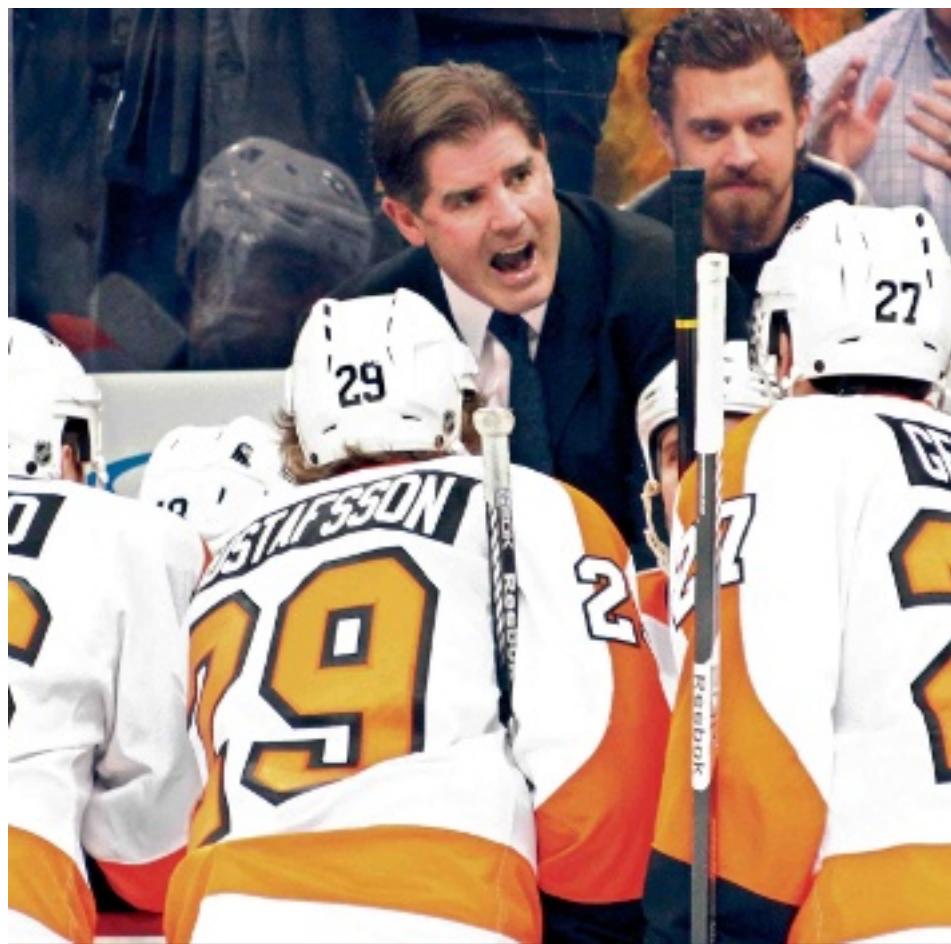
NHL

Ovechkin takes top star for Week 1

Washington Capitals right-winger Alex Ovechkin was named NHL first star of the week Monday after recording six points over three games.

Ovechkin led all players last week in goals (four), points (six), power-play goals (three) and shots on goal (24).

THE CANADIAN PRESS



The Flyers fired head coach Peter Laviolette on Monday following an 0-3 start to the season. Assistant Craig Berube was named Laviolette's replacement. GETTY IMAGES FILE

WInless Flyers clip coach Laviolette

NHL. GM picks assistant to lead team's rebuild after sluggish start to the season

On the first day of training camp, the Philadelphia Flyers were already a mess.

By the end of the pre-season, chairman Ed Snider had grave concerns about the team he founded.

"I thought our training camp, quite frankly, was one of the worst training camps I've ever seen," Snider said. "I'm not talking about wins or losses. There was nothing exciting. Nobody shined. Nobody looked good. I couldn't point to one thing that I thought was a positive."

"Unfortunately, my worries were realized."

He only needed three games to make a move.

After a winless start, the Flyers fired coach Peter Laviolette

on Monday, three seasons after he led them to the Stanley Cup finals. Assistant Craig Berube, in his seventh season coaching within the organization, was promoted to replace Laviolette. He is the 18th coach in franchise history.

Despite a pre-season vote of confidence from ownership, Laviolette just couldn't overcome a punchless offence, a pair of journeymen in goal and a patchwork defence to jolt the Flyers out of their funk and keep his job. He dealt with rumours of his firing last season, a year in which the Flyers missed the playoffs after the lockout-shortened the campaign. It was the only season in which he failed to make the

post-season in Philadelphia.

Flyers general manager Paul Holmgren tried to mould a playoff roster in the off-season, signing forward Vinny Lecavalier, defenceman Mark Streit and goaltender Ray Emery. He also jettisoned overpriced and underperforming veterans, like goaltender Ilya Bryzgalov and forward Danny Briere.

Holmgren liked his actions. He just didn't like how Laviolette was putting the pieces together.

The Flyers added former forward Ian Laperrière and former Ottawa coach John Paddock as assistants, while Kevin McCarthy, a part of Laviolette's staff, was fired.

THE CANADIAN PRESS

New man in charge

"Just because I've been in the organization a long time doesn't mean I'm going to do the same thing other coaches did.... I have my own way of how I want to coach." New Flyers head coach Craig Berube

NBA

Wade erring on side of caution during pre-season

Dwyane Wade was in the starting lineup for the Miami Heat's pre-season opener. That is, until he decided he needed a night off.

Saying he was erring on the side of caution, the nine-time all-star announced about an hour before game time that he would not be playing when the Heat faced the Atlanta Hawks on Monday. Wade was in coach Erik Spoelstra's original lineup.

"He wants me to do what's best for my body," Wade said. "I've been practising very hard, going very hard. I could play, but I just think it's smarter that in consecutive days of going so hard, just be smart today, rest a little bit, let my legs recover."

Wade dealt with an array of problems in the final months of last season, mainly a bone bruise and tendinitis in his right knee. He also had to have his left knee drained before playing in Game 7 of the NBA Finals.

THE ASSOCIATED PRESS

NHL. Schneider hopes to outplay Luongo in his return to Vancouver



Cory Schneider will play in Vancouver for the first time since the Canucks traded him to the Devils.

GENE J. PUSKAR/THE ASSOCIATED PRESS

New Jersey Devils goaltender Cory Schneider doesn't plan to get emotional about his return to Vancouver on Tuesday night, when he'll share the spotlight with former teammate Roberto Luongo.

"We're there less than 24 hours. Gotta play a game, gotta win a game. I'm not going to get all nostalgic," Schneider said Monday.

He'll get the start against the Canucks since teammate Martin Brodeur was tabbed to start for New Jersey on Monday night against the Oilers.

Schneider took the Vancouver starting job from Luongo last season. When the Canucks found they couldn't trade Luongo they turned around and sent Schneider to the Devils last June for the 10th pick in the 2013 draft.

Now the two will go head to head at Rogers Arena. While players usually like to insist it's team versus team, Schneider admits he'll be trying to outplay Luongo.

"Sure I am," he said before Monday night's game in Edmonton. "It's not me versus him, but generally you want to be better than the other guy."

Schneider posted a 17-9-4

record last season with five shutouts and a 2.11 goals-against average. He looked like the Canucks' future goaltender while the team tried all season to trade the veteran Luongo.

"It's something we were forced to deal with," said Schneider, who dropped a 3-0 decision to Pittsburgh in his first game as a Devil. "It's not that we wanted to or chose to, that's just life playing hockey in Canadian cities."

THE CANADIAN PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Toronto	3	3	0	0	12	8	6
Boston	2	2	0	0	7	2	4
Detroit	3	2	1	0	6	7	4
Ottawa	2	1	0	1	5	5	3
Florida	2	1	1	0	4	9	2
Montreal	2	1	1	0	7	5	2
Tampa Bay	2	1	1	0	4	5	2
Buffalo	3	0	3	0	2	7	0

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	2	2	0	0	7	1	4
Carolina	2	1	0	1	4	4	3
NY Islanders	2	1	0	1	6	6	3
Columbus	2	1	1	0	6	6	2
Washington	3	1	2	0	10	12	2
New Jersey	2	0	1	1	3	7	1
NY Rangers	1	0	1	0	1	4	0
Philadelphia	3	0	3	0	3	9	0

Monday's results

New Jersey at Edmonton

NY Rangers at Los Angeles

Sunday's results

Anaheim 3 Winnipeg 2

Carolina 2 Philadelphia 1

Vancouver 5 Calgary 4 (OT)

MLB PLAYOFFS

A.L. DIVISION SERIES

(Best-of-5)

BOSTON (1) VS. TAMPA BAY (6)

(Boston leads series 2-0)

Monday's result

Boston at Tampa Bay

Tuesday's game

x-Boston (Peavy 12-5) at Tampa Bay (Hellickson 12-10), 8:37 p.m.

OAKLAND (2) VS. DETROIT (3)

(Oakland leads series 2-1)

Monday's result

Oakland 6 Detroit 3

Tuesday's game

Oakland (Straily 10-8) at Detroit (Fister 14-9), 5:07 p.m.

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WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
St. Louis	2	2	0	0	11	2	4
Colorado	2	2	0	0	9	2	4
Winnipeg	3	2	1	0	12	10	4
Chicago	2	1	0	1	8	7	3
Dallas	2	1	1	0	4	5	2
Minnesota	2	0	0	2	5	7	2
Nashville	2	0	2	0	3	7	0

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	2	2	0	0	8	2	4
Anaheim	3	2	1	0	8	11	4
Vancouver	3	2	1	0	12	10	4
Calgary	3	1	0	2	12	13	4
Phoenix	2	1	1	0	5	5	2
Los Angeles	2	1	1	0	6	7	2
Edmonton	2	0	2	0	6	11	0

Note: Two points for a win, one point for overtime/shootout loss.

Tuesday's games — All Times Eastern

Colorado at Toronto, 7 p.m.

Phoenix at NY Islanders, 7 p.m.

Florida at Philadelphia, 7 p.m.

Carolina at Pittsburgh, 7 p.m.

Tampa Bay at Buffalo, 7:30 p.m.

Minnesota at Nashville, 8 p.m.

New Jersey at Vancouver, 10 p.m.

NY Rangers at San Jose, 10:30 p.m.

N.L. DIVISION SERIES

ST. LOUIS (1) VS. PITTSBURGH (4)

(Series tied 2-2)

Monday's result

St. Louis 2 Pittsburgh 1

Sunday's result

Pittsburgh 5 St. Louis 3

Wednesday's game

Pittsburgh (Burnett 10-11) at St. Louis (Wainwright 19-9), 5:07 p.m.

ATLANTA (2) VS. L.A. DODGERS (3)

(Los Angeles leads series 2-1)

Monday's result

Oakland 6 Detroit 3

Tuesday's game

Oakland (Straily 10-8) at Detroit (Fister 14-9), 5:07 p.m.

THE CANADIAN PRESS

CFL

WEEK 16

EAST

	GP	W	L	T	PF	PA	Pt
x-Toronto	14	9	5	0	407	370	18
Hamilton	14	7	7	0	360	383	14
Montreal	14	6	8	0	349	385	12
Winnipeg	14	2	12	0	279	459	4

WEST

x-Calgary	14	11	3	0	446	323	22
x-Saskatchewan	14	9	5	0	419	316	18
x-B.C.	14	9	5	0	395	350	18
Edmonton	14	3	11	0	340	409	6

x = clinched playoff berth.

Friday's game — All Times Eastern

B.C. at Calgary, 9 p.m.

Saturday's game

Edmonton at Saskatchewan, 4:30 p.m.

</div

Horoscopes

Aries

March 21 - April 20

You may not want to make sacrifices but if you don't make them willingly now, the planets will force them on you later on. Financially, you really do need to get your house in order. Find ways to make savings.

Taurus

April 21 - May 21

If you recently embarked on a plan or project, you must see it through to the end. Don't use other commitments as an excuse to avoid what you know must be done. Stick with it.

Gemini

May 22 - June 21

Even if you are happy, there are still things you can change to make life run smoother. Think about it and act decisively around the time of next week's lunar eclipse.

Cancer

June 22 - July 23

Putting emotions into words can be hard and you are aware that a loved one is having difficulty explaining their feelings. Make it easy for them by revealing your own first.

Leo

July 24 - Aug. 23

Your heart may not be in what you have to do but if you knuckle down and make an effort, the planets will make sure your day is productive if not inspiring. One out of two is not a bad score.

Virgo

Aug. 24 - Sept. 23

You know what you want to do, so do it. Yes, most likely someone you live or work with will give you a hard time but you are tough enough to take it. Don't let their negativity discourage you.

Libra

Sept. 24 - Oct. 23

You may have a high regard for the truth but speaking your mind too bluntly could get you in a whole lot of trouble. The facts will come to the surface sooner or later anyway. You don't need to force them.

Scorpio

Oct. 24 - Nov. 22

With mind planet Mercury linked to Saturn in your sign, you may be a bit pessimistic today. There's really no need. Overall, your outlook is extremely good so stop worrying and start having fun.

Sagittarius

Nov. 23 - Dec. 21

Make sure you know what you are getting into before joining forces with people whose motives are a mystery. Most likely there is nothing to worry about but it pays to be sure.

Capricorn

Dec. 22 - Jan. 20

You have no illusions about what needs to be done, so do it. The course you have chosen may be difficult, but you know it's the sensible option. Others may not agree.

Aquarius

Jan. 21 - Feb. 19

No matter how tough life gets in the next few days, tell yourself that in the greater scheme of things everything will work out fine. Faith is a powerful force, sometimes even more powerful than facts.

Pisces

Feb. 20 - March 20

Subtle changes in your environment will be missed by most but your sensitive nature will latch on to them. Don't fear. They are changes for the better. **SALLY BROMPTON**

Today



Wednesday



Crossword: Canada Across and Down

Across

1. Soup sort
5. Cuts lumber
9. Mr. Werner, "Canadian Idol" judge
13. Deity worshipped in ancient Thebes, variably
14. "This ____..." (Man's phone reply)
15. Bounce back
16. This-time-of-year dessert: 2 wds.
19. Lead-in to 'fall' (Slapstick maneuver)
20. Songstress Britney
21. "Vaseline" gr.
22. Mariah Carey hit
23. Ms. Turner
25. Catch sight of
27. Painter Emily, and others
30. Superman's alter ego ...his initials-sharers
32. Remove pencil
36. Prefix that means 'Mars'
37. ID on a forensics type of TV show: 2 wds.
39. Jazz style
40. Stockpiling rivalry during the Cold War: 3 wds.

43. __ Dhabi
44. Disney mouse
45. Land-on-water
46. Workshop machine
48. Dinner, informally
49. __ and pains
50. Baghdad's locale
52. Waistcloth
54. Closed
57. Couplet
59. Classic book character Mr. Gulliver
63. "Cheers" patron
64. Juno-winning singer/songwriter, Alfie __
66. Golden gymnast

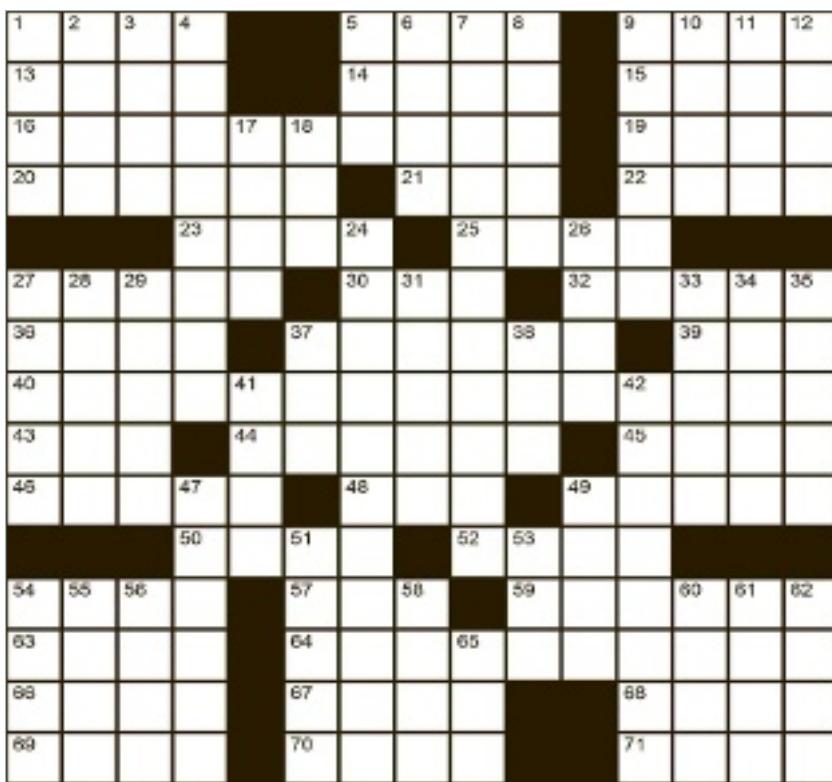
- Ms. Korbut
67. 'Photosynth' suffix
68. Puck-placement places
69. __ here long?"
70. Famous concert stadium for The Beatles
71. "Darn it!"

Down

1. Road trip guides
2. __ to my ears in work!"
3. Roughly
4. Soldier's status sometimes: 2 wds.
5. __ City" (2005)
6. Ancient Egypt symbols
7. Crest products
8. Permeates
9. __ in the sky at night I wonder..." - Madonna, "Ray of Light"
10. Land amount
11. Arctic __ (Type of fish)
12. Stringed instrument of Japan

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



17. Kim's momager
18. Q. __ ' the 14th letter?" A. "Yes."
24. Fall cooking ingredient: 2 wds.
26. Clothesline clingers
27. Passageway for boats
28. Place listed in The Beach Boys song "Kokomo"
29. Trim again
31. Mr. Reeves
33. Embarrass
34. Architectural base, as for a column
35. Foil-like weapons
37. Cocktail, Mai __
38. Soul, in Paris
41. 911-calling reason, for short
42. British Columbia city
47. Wrestling legend from Alberta, Bret ' __ Hart
49. "Wait just __!"
51. Carpentry tools
53. American state, for short
54. Highbrow
55. Golf course 'opening'
56. Encourage
58. Sheriff Taylor's son
60. __-friendly
61. Ms. James
62. Hold up
65. Pro bono TV spot [acronym]

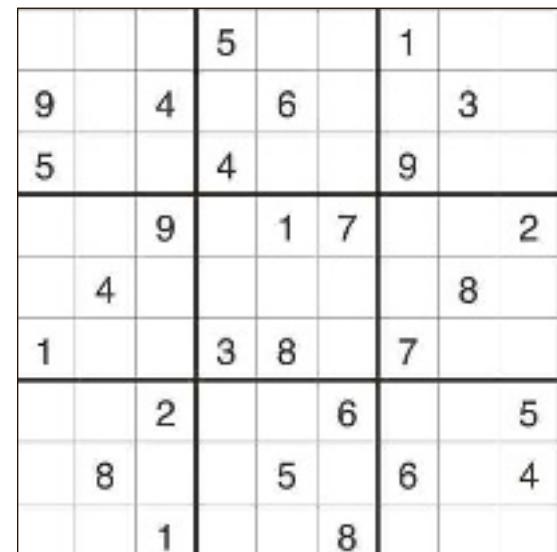
Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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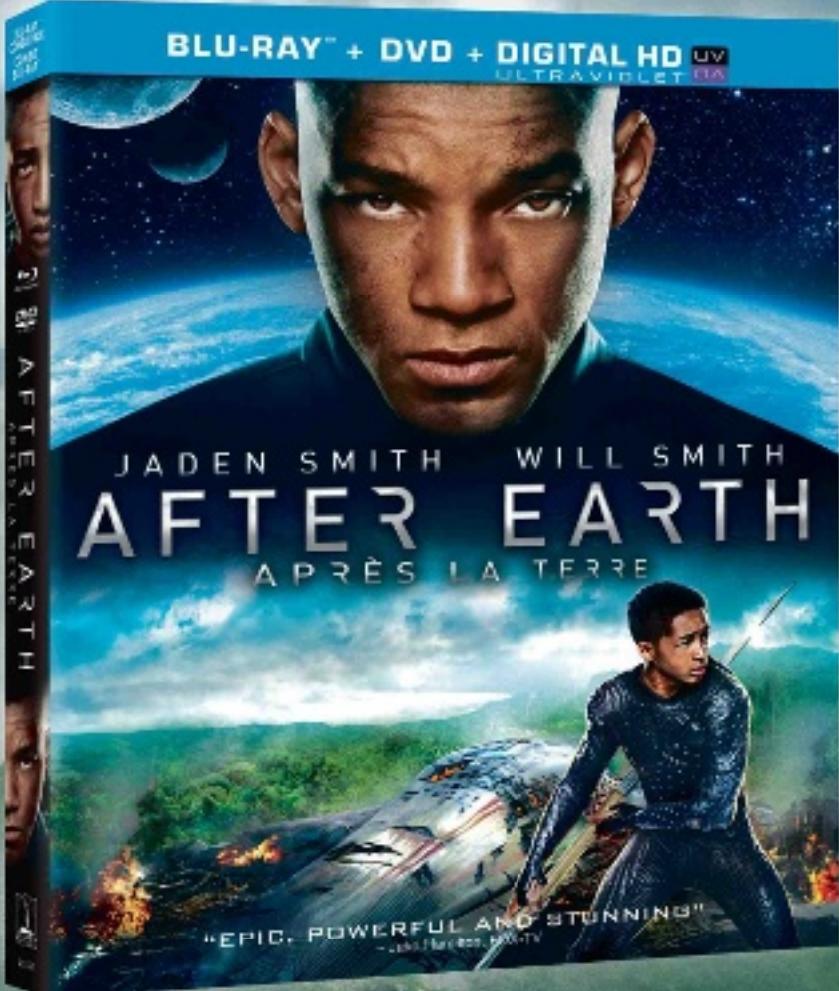
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